

Amendments to the Abstract:

Please replace the Abstract with the following amended Abstract:

A power cable assembly for use in a water and air-cooled welding assemblies for carrying power from a welding machine to a welding torch and either cooling water from the torch to a circulator reservoir or, in the case of air-cooled torches, shielding gas to the torch. The cable assembly includes a flexible outer conduit disposed about a flexible electrical conductor formed of a plurality of twisted, braided or bunched wires encased in a thin layer of flexible plastic material. A plurality of projections extend radially from the flexible encasement so as to space the electrical conductor from the interior conduit wall, thereby defining a water or gas-flow path extending entirely about the conductor ~~to enhance the efficiency of heat removal from the conductor.~~